

## Alliance Parent and Guardian Newsletter



As your children start the new school year, preparing yourself for any questions or situations that may come up can make you feel more confident. Whether at school, in a public place, or with friends, your children may come across new topics or substances and have questions. These substances could include alcohol, tobacco and vape products, cannabis, and other prescription or illegal drugs.

These conversations can seem awkward or difficult to have, but you are not alone. Below you can find tools to help you address different substances. This includes having tough conversations, setting expectations, and how you can support your child while they navigate the school year.

You can find additional information and resources at [www.GetInvolvedASAP.org](http://www.GetInvolvedASAP.org).

### Small Talks: How to Talk About Underage Drinking

Every school year brings a chance for a fresh start with lots of new opportunities. But it can also bring new pressure to fit in, which can make it a challenge for kids to say "yes" to healthy decisions and "no" to underage drinking. Talk with the kids in your life now and throughout the school year to set expectations for a healthy year and beyond. Here are some tips for your next small talk:

- Discuss your values and share the behaviors you expect.
- Help them advocate for themselves by practicing with them on how to say no to risky behaviors.
- Describe the effects of alcohol on the developing brain.

The beginning of the school year can be an emotional time for kids and caregivers. After all, it's a transition—and even good changes can be stressful. That's okay. There are many things you can do to help the kids in your life start the school year strong. Get tips from our partners at [Resilient Wisconsin](http://ResilientWisconsin.org).

Looking for more tips? Visit the Small Talks website:

[Small Talks: Start Talking, It Makes a Difference | Wisconsin Department of Health Services](#)



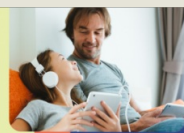
#### Watching a show

"Why do you think that character drinks?"



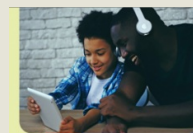
#### At the store

What's a good reason to buy alcohol?"



#### While gaming

"How do you and your friends have fun?"



#### Listening to music

"Do your favorite bands ever sing about using drugs?"

### Vaping Education

Vaping is one of the most popular forms of substance use among young people. In 2019, 18% of high school students and 6%

of middle school students in Eau Claire County reported using e-cigarettes, vapes, or Juuls in the past 30 days.

This guide by Drug Free, also known as Partnership to End Addiction, includes information on vaping in general, health effects, marijuana and vaping, and what parents should know and do to keep their children safe and healthy.

[Vaping Resource Packet](#)



What Families Need to Know  
to Help Protect Children, Teens  
and Young Adults

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## Strengthening Student's Mental Health

Parents, guardians, and other caring adults play an important role in maintaining and strengthening children's mental health. Starting wellness habits at an early age can help children incorporate habits that can help reduce stress and improve mental health.

Evidence supported habits that improve mental health include:

- Sufficient sleep each night
- Daily physical exercise
- Healthy diet
- Time outdoors
- Open conversations about mental health and emotions

Learn more by reading [Strengthening Student Mental Health](#) from the [WI Office of Children's Mental Health](#).

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## National Prescription Drug Take Back Day

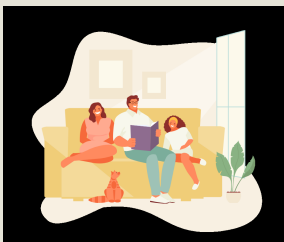
The next Prescription Drug Take-Back Day is Saturday, October 29th, from 10am - 2pm. You can participate by visiting one of the two event locations in Eau Claire County.

- Altoona Police Department
- Marshfield Medical Center - Eau Claire

If you can't make the Take-Back event, visit a permanent medication drop-off location. Find the nearest permanent location or learn more about safe medication disposal at [GetInvolvedASAP.org](#).

# Trainings Available for Parents

## Kids, Families, & Addiction: Empowering Prevention



Addiction can be a disease affecting several generations. It can have complex and harmful affects for everyone in its reach, especially children. Addiction in the home threatens the stability of children and puts them at an increased risk of developing substance use issue later in life.

This training is available online, on demand. Click [here](#) to learn more or view the training.

## Your Teen's Brain and the Link to Risky Behavior

Get ready to learn about how substances and other risky behavior affect the teen brain, the role of genetics in addiction, and implications for prevention and treatment. Dr. Crystal Collier, author of The NeuroWhereAbouts Guide, teaches the science of risky behavior to students, families, and clinicians across the country and every parent can utilize the information in daily parenting interactions.

This training is available through Operation Parent on YouTube. Click [here](#) to view it.

## Learn More

This is a quarterly newsletter sent by the Alliance for Substance Misuse Prevention.

The Alliance is an Eau Claire County coalition working to address, prevent, and respond to substance (mis)use. Partners of the Alliance include businesses, health care systems, education and schools, youth-serving organizations, treatment and recovery services, people with lived experience, parents, law enforcement, and many more.

To learn more about our work, visit [www.getinvolvedasap.org](http://www.getinvolvedasap.org)

Visit the Alliance Website



Learn more by visiting our website or following us on social media